

55+ SENIOR DISCOUNT
TAKE AN EXTRA 10% OFF
ON IN-STORE PURCHASES
TUESDAY, JANUARY 6
For details & exclusions,
visit FredMeyer.com/senior

EARN 4X FUEL POINTS
with digital coupon
On FRIDAY purchases

Scan here or visit FredMeyer.com/FuelEvent to download coupon.
*Exclusions apply. See coupon for details.

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

USDA CHOICE

Boneless Chuck Roasts or Steaks
Value Pack

\$5.99 /LB
With Card

Fresh Foster Farms or Simply Raised Chicken Full Line Sale
Select Varieties

93% Lean Ground Beef
Sold in a 3 lb Roll for \$14.97

\$4.99 /LB
With Card

BIG DEAL! BIG PACKS

Simple Truth Organic Salad Blends
16 oz or Private Selection Snacking Tomatoes, 24 oz; Select Varieties

\$5
With Card

BIG DEAL! BIG PACKS

Kroger Red, Green, or Black Seedless Grapes
3 lb Package

\$6
With Card

BIG DEAL! BIG PACKS

Kroger Ice Cream
Select Varieties, 48 fl oz

2/\$5
With Card

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Fritos
Select Varieties, 9.25-10 oz
Regular retail is up to \$5.89 each with Card.

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Screamin' Sicilian Pizza
17.5-25 oz or Saffron Road Entrée, 10-10.5 oz; Select Varieties

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Coca-Cola, Pepsi or 7UP
Select Varieties, 12-Pack, 12 fl oz Cans or 8-Pack, 12 fl oz Bottles or Polar Seltzer Water 8-Pack, 12 fl oz Cans; Limit 8 Packages, Plus Deposit Where Applicable
Regular retail is up to \$10.99 each with Card.

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Outshine Fruit Bars
Select Varieties, 6 ct

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Franz Bagels
Select Varieties, 6 ct

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

General Mills Giant Size Cereal
Select Varieties, 20-29 oz

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Private Selection Pasta
16 oz or Pasta Sauce, 24 oz; Select Varieties

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Mission Carb Balance Tortillas
8 ct or Frank's RedHot Sauce, 12 fl oz; Select Varieties

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Crux, Deschutes or Blue Moon
Select Varieties, 6-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Athletic
Select Varieties, 12-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

Taylor Farms Salad Kits
Select Varieties, 7-13.5 oz

\$2.99
With Card

3 DAY SALE
SATURDAY - MONDAY ONLY

Extra Large EZ Peel Shrimp
21-25 ct, Raw, Sold in a 2 lb Bag for \$13.98

\$6.99 /LB
With Card

2/\$8
With Card

Chobani Creamer
Select Varieties, 24 fl oz

\$2.99
With Card

Coca-Cola, Pepsi or 7UP
Select Varieties, 6-Pack, 16.9 fl oz Bottles, Limit 5 Packages, Plus Deposit Where Applicable

\$14.99

Prices valid in-store or for pickup orders placed on Saturday-Monday.

WEEKLY DIGITAL DEALS
Use each coupon **UP TO 5 TIMES** in one transaction*

BIG DEAL! BIG PACKS

Blueberries
18 oz

\$2.99 /EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.

Hill's Bacon
Sold in a 3 lb Package for \$11.97

\$3.99 /LB
With Digital Coupon
Price without digital coupon is up to \$4.99 lb with Card.
Sold in a 3 lb Package for \$14.97

spindrift
SPARKLING WATER & REAL SQUEEZED FRUIT
raspberry lime

spindrift
SPARKLING WATER & REAL SQUEEZED FRUIT
island punch

\$5.49 /EA
With Digital Coupon
Price without digital coupon is up to \$6.49 each with Card.

Spindrift Sparkling Water
Select Varieties, 8-Pack, 12 fl oz Cans, Plus Deposit Where Applicable

\$5.49 /EA
With Digital Coupon
Price without digital coupon is up to \$6.49 each with Card.

Kroger Cage Free Eggs
Large, Grade AA, 12 ct

\$1.99 /EA
With Digital Coupon
Price without digital coupon varies by store.



Aidell's Dinner Sausage
Select Varieties, 12 oz

\$3.99 /EA
With Digital Coupon

Price without digital coupon is up to \$4.49 each with Card.



Mini Cupcakes
12 ct or Brownie Bites,
10.5-11.9 oz;
Select Varieties,
In the Bakery

\$4 /EA
With Digital Coupon

Price without digital coupon is up to \$5 each with Card.



Stouffer's or Lean Cuisine Entrée
Select Varieties,
5.75-12.875 oz

\$1.99 /EA
With Digital Coupon

Price without digital coupon is up to \$2.49 each with Card.



Smucker's Uncrustables
Select Varieties,
10 ct

\$8.99 /EA
With Digital Coupon

Price without digital coupon is up to \$10.99 each with Card.

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5 TIMES
in one transaction*

Look for these tags.

WEEKLY DIGITAL DEALS
1.99 EA
SCAN & SAVE MORE



Club Crackers
11-13.7 oz or Town House Crackers, 9.2-13.8 oz;
Select Varieties

\$1.99 /EA
With Digital Coupon

Price without digital coupon is up to \$3.99 each with Card.



Sun Chips
7 oz or Naked Bread, 22.5 oz; Select Varieties

\$2.49 /EA
With Digital Coupon

Price without digital coupon is up to \$3.99 each with Card.



Häagen-Dazs Ice Cream
14 fl oz or Bars, 3 ct; Select Varieties

\$2.99 /EA
With Digital Coupon

Price without digital coupon is up to \$3.99 each with Card.



Kroger Navel Oranges or Grapefruit
8 lb Bag

\$4.99 /EA
With Digital Coupon

Price without digital coupon is up to \$8.99 each with Card.



Simple Truth Organic Broth
Select Varieties,
32 oz

\$1.49 /EA
With Digital Coupon

Price without digital coupon is up to \$1.99 each with Card.



Kodiak Frozen Waffles
Select Varieties,
6-10 ct

\$4.99 /EA
With Digital Coupon

Price without digital coupon is up to \$6.49 each with Card.



Kroger Ultra Bath Tissue
Select Varieties,
24 Mega Rolls

\$15.99 /EA
With Digital Coupon

Price without digital coupon is up to \$21.99 each with Card.

*While supplies last.

MIX & MATCH

SAVE \$10 AN EXTRA

When you spend \$40 or more on participating Baby, Pet or Personal Care items, with Card.*

*Participating item selection may vary by store. Discount applied at checkout with your Card. Items must be purchased in the same transaction.



WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5
TIMES
in one transaction*



Look for
these tags.

**OGX Shampoo
or Conditioner**
Select Varieties, 13 fl oz

\$5.49
/EA
With Digital
Coupon

Price without digital coupon is up to \$6.99 each with Card.



**Colgate
Optic White
Toothpaste**
Select Varieties, 4.2 oz

\$1.99
/EA
With Digital
Coupon

Price without digital coupon is up to \$3.99 each with Card.



**Fireside Supreme
4-Hour Firelogs**
6 ct

\$19.99
/EA
With Digital
Coupon

Price without digital coupon is up to \$21.99 each with Card.



*While supplies last.



CLIP COUPON

EARN **4X** FUEL
POINTS
with digital coupon*

on Simple Truth® products

*See coupon for details.

SAVE \$100
899⁹⁹
 With Card



**RoomSense Cannon
 88" Power Reclining
 Leather Sofa**

Reg. 999.99
 Power Recliner
 Reg. 549.99 With Card **449.99**



**Sitswell Kasen
 Glider Recliner**

SAVE \$250
249⁹⁹
 With Card
 Reg. 499.99
 Also in brown or gray.

SAVE \$100
479⁹⁹
 With Card

75" SAMSUNG

Crystal UHD 4K Smart TV
 UN75U7900
 Reg. 579.99



**THE
 BIG
 WINTER SALE**
SAVE UP TO 70%
 From Original Prices With Card
 Selection may vary by store.
 Limited to stock on hand.



NATURAL & ORGANICS

Explore a great selection of natural choices.



Simple Truth
Natural
Ground Lamb
16 oz, No Antibiotics Ever
\$9.49
With Card



Simple Truth
Natural
80% Lean
Beef Burgers
Frozen, 2 lb
\$13.99
With Card



Simple Truth
Organic Gala,
Granny Smith
or Pink Lady Apples
2 lb Bag
\$3.99
With Card



Simple Truth
Fresh Roasted
Chicken
Fully Cooked,
2 lb, In the Deli
\$10.99



Simple Truth
Organic
Cucumbers
16 oz
\$4.49
With Card

Olipop
Soda
Select Varieties, 12 fl oz,
Plus Deposit
Where Applicable
3/\$6
With Card



Fage
Greek Yogurt
Select Varieties,
5.3 oz
3/\$4
With Card



Kettle Brand
Potato Chips
Select Varieties,
6-7.5 oz
2/\$6
With Card



Bai Beverage
18 fl oz or Larabar,
1.06-1.7 oz; Select Varieties,
Plus Deposit
Where Applicable
10/\$10
With Card



Simple Truth
Organic
Peanut Butter
\$3.99
With Card

15-16 oz or
Bear Naked Granola,
11-12 oz; Select Varieties



Traditional
Medicinals
Organic Tea
16 ct or Kashi
Organic Cereal,
8-18 oz; Select Varieties

\$4.99
With Card



Simple Truth
Organic Frozen
Vegetables
Select Varieties,
10-12 oz



\$2.29
With Card



Think
Protein Bars
Select Varieties,
5 ct



\$8.99
With Card



Simple Truth
Organic
Tortilla Chips
Select Varieties,
9 oz



2/\$5
With Card

GROCERY ESSENTIALS



**Green Mountain
or McCafé K-Cups**
10 ct or Donut Shop Coffee,
12 oz Bag or K-Cups, 10 ct;
Select Varieties



**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE
With Card



**Coffee-Mate
Creamer**
32 fl oz or Cold Foam,
14 oz; Select Varieties

**FINAL COST
When You Buy 2**

2/\$6

With Card

When you buy 2 or more in the same
transaction with Card. Quantities less
than 2 are up to \$4.49 each with Card.



**Simply
Juice**
Select Varieties,
52 fl oz

\$3.99

With Card



Progresso Soup
Select Varieties,
18.5-19 oz

**FINAL COST
When You Buy 8**

8/\$10

With Card

When you buy 8 or more in the same
transaction with Card. Quantities less
than 8 are up to \$2.79 each with Card.



**LaCroix
or Waterloo
Sparkling Water**
Select Varieties,
8-Pack, 12 fl oz Cans,
Plus Deposit
Where Applicable

\$3.99

With Card

BOTTLES & BREWS



**White Claw,
Modelo or Corona**
Select Varieties, 24-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

\$29.99



**Incline
or Hop Valley**
Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

\$9.99



7.99 EA
-10%
With Card

\$7.19
/EA*

**Fre, Clos Du Bois
or Columbia Crest**
Select Varieties,
750 ml

*When You Buy Any 6 Participating Items with Card.

SAVE MORE WITH DIGITAL COUPONS

Use each coupon up to 5 times in one transaction with Card.

Find even more online!
Scan me to download
digital coupons.

*When you buy participating
items in the same transaction
with Digital Coupon.



Look for
these tags.



2.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$1.49
/EA*

**Ragú
Pasta Sauce**
Select Varieties,
16-24 oz



3.79 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$2.79
/EA*

**Blue Diamond
Almond
Nut Thins**
Select Varieties,
4.25 oz



5.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$3.99
/EA*

**Arrowhead
Mountain Spring
Water**
24-Pack, 16.9 fl oz,
Plus Deposit
Where Applicable



Rice-a-Roni
4.3-7.2 oz
or Pillsbury Cake Mix,
15.25 oz,
Select Varieties

1.49 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

99¢
/EA*



10/12 With Card
-2.00 Off 10
DIGITAL COUPON OFFER

10/\$10

**Chobani
Greek Yogurt**
Select Varieties,
5.3 oz



15.99 With Card
-3.00 Off 1
DIGITAL COUPON OFFER

\$12.99
/EA*

**Tide Laundry
Detergent**
Select Varieties,
92-105 fl oz



6.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$4.99
/EA*

**Kroger
Soft & Strong
Bath Tissue**
12 Double Rolls



2.49 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$1.99
/EA*

**Kroger
Apple Juice
or Juice Cocktail**
64 fl oz;
Select Varieties

SAVE MORE WITH DIGITAL COUPONS

Use each coupon **up to 5 times**
in one transaction with Card.

Find even more online!

Visit FredMeyer.com/5Xcoupons
to download digital coupons.

*When you buy participating items in the same
transaction with Digital Coupon. Participating
item varieties and sizes may vary by store.



Look for
these tags.



**Frito-Lay
Simply Snacks**
5.25-8.5 oz
or Miss Vickie's
Potato Chips,
8 oz; Select Varieties

4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$3.49 /EA*



**Clif
Z Bar**
Select Varieties,
5-6 ct

5.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER
\$5.49 /EA*

10.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$9.99 /EA*
**Just Bare
Frozen
Chicken**

Select Varieties, 19.2-24 oz



8.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$7.99 /EA*

**Gardein
Ultimate
Plant-Based
Entrée**
Select Varieties,
14-15 oz



**Simple Truth
Sparkling Water**
Select Varieties,
8-Pack, 12 fl oz Cans,
Plus Deposit
Where Applicable

3.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$2.99 /EA*



5.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$4.49 /EA*
**Dave's Killer Bread
Organic Bagels**
5 ct or English Muffins,
6 ct; Select Varieties



3.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER
\$3.49 /EA*
**Kettle & Fire
Broth**
32 oz or Simple Truth
Organic Instant Oatmeal,
10-12 ct; Select Varieties



7.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$6.99 /EA*
**Chomps
Chomplings**
Select Varieties,
6 ct



5.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$4.99 /EA*
**Simple Truth
Organic
Maple Syrup**
Select Varieties,
8 fl oz



1.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
99¢ /EA*
Vitaminwater
Select Varieties,
20 fl oz,
Plus Deposit
Where Applicable



1.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
99¢ /EA*
**Annie's
Pasta & Cheese**
Select Varieties,
5.5-6 oz



3.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$2.99 /EA*
**Cascadian Farm
Organic Cereal
or Granola**

Select Varieties, 9-15 oz



6.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$5.99 /EA*
**Horizon
Organic Milk**
Select Varieties,
59-64 fl oz



5.29 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$4.29 /EA*
**Simple Truth
Organic
Lunch Meat**
Select Varieties,
5-6 oz

YOUR HOME TEAM FAVORITES



Find more game day
deals & recipes at
FredMeyer.com/Football

\$9.99

With Card
**Fresh
Private Selection
Angus Beef Patties**
Select Varieties,
1.32-1.33 lb



**Pork
Back Ribs**
Bone-In

\$4.99
/LB
With Card



**Kroger
Meat Lover's
Pizza**

\$7
With Card

or Other Varieties,
22.8-27 oz, In the Deli



**Johnsonville
Dinner Sausage**
16-19 oz or Nathan's
Beef Franks, 11-12 oz;
Select Varieties

\$4.99
With Card



**Lay's
Potato Chips**
5-8 oz or Doritos,
8-10.75 oz or
Smartfood Popcorn,
6.25-7.75 oz;
Select Varieties

FINAL COST
When You Buy 4

4/\$10
With Card

When you buy 4 or more in the same transaction with Card.
Quantities less than 4 are up to \$5.99 each with Card.



**DiGiorno
Pizza**
Select Varieties,
14.14-30.3 oz

FINAL COST
When You Buy 2
2/\$10
With Card

When you buy 2 or more in the same transaction with Card.
Quantities less than 2 are up to \$6.99 each with Card.



**Rockstar
Energy Drink**
Select Varieties,
12-16 fl oz,
Plus Deposit
Where Applicable

3/\$5
With Card



Coors or Miller
Select Varieties,
30-Pack, 12 fl oz
Bottles or Cans,
Plus Deposit
Where Applicable

\$26.99

Seasonal selection varies by store and is limited to stock on hand.



2/\$10

With Card
**Wholly
Guacamole**
15 oz

**Kingsford
Original
Charcoal**
\$11.99
With Card

16 lb or Match Light
Charcoal, 12 lb;
Select Varieties

HOME, HEALTH & MORE!



Force Factor Supplements
Select Varieties,
60 ct

\$12⁹⁹
With Card



**Hershey's
King Size Candy**
Select Varieties,
2.6-3.5 oz

**MIX & MATCH
BUY 2, GET 1
of Equal or Lesser Value**

FREE
With Card



**Sensodyne
Toothpaste**
Select Varieties, 4 oz

\$6⁹⁹
With Card



**Premier Protein
Shakes**
Select Varieties,
4-Pack, 11 fl oz

\$9⁹⁹
With Card



**Dawn
Powerwash**
16 fl oz or
Dishwashing Liquid,
17.4 fl oz;
Select Varieties

\$5⁴⁹
With Card



**Philips
LED A19
Light Bulbs**
60 Watt,
Select Varieties,
4-Pack

\$7⁹⁹
With Card

**FIND MORE DIGITAL COUPON
SAVINGS ON OUR SITE & APP!**



**Kroger
Mini Peppers**
2 lb
\$6
With Card



**SugarBee
Apples**
\$2.99 /LB
With Card



\$2.99
With Card
**Fresh Raspberries
or Blackberries**
6 oz

**Bloom Haus
Brilliance in Bloom
Bouquet**

\$9.99



**Broccoli
Crowns**
\$2.59 /LB
With Card



**Wonderful
Seedless Lemons**
3 lb Bag
\$5
With Card



GUARANTEED FRESH



**Simply
Potatoes**
Select Varieties,
20 oz
2/\$6
With Card



**Fresh
Norwegian
Salmon Fillets**
Farm-Raised
\$9.99 /LB
With Card

**MIX & MATCH
BUY 1, GET 1
FREE**
of Equal or Lesser Value
With Card

**Whole
Pork Tenderloin**
or Hormel Marinated
Pork Loin Filets, 1.5 lb
or St. Louis Pork Back Ribs,
Bone-In



**Kevin's
Entrees**
Select Varieties,
16 oz
\$9.99
With Card



**Sea Pak
Appetizers**
Select Varieties,
Frozen, 18-22 oz
\$8.99
With Card

DELI & BAKERY

Order party trays, cakes and more at
FredMeyer.com/fresh

**Private Selection
Fresh Baked
Cinnamon Rolls**
Select Varieties,
4 ct

\$6.99



Crunchy Sushi Combo
12-14.1 oz,
Available in Select Stores

\$10

**Private Selection
Hard Salami**
or Provolone Cheese,
\$10.49 lb with Card;
Select Varieties,
Sliced to Order
or Grab & Go

\$11.49 /LB
With Card



BOTTLES & BREWS

11.99^{EA}
-10%
With Card

\$10⁷⁹
/EA*

**Erath,
Oyster Bay
or Liquid Light**

Select Varieties,
750 ml



9.99^{EA}
-10%
With Card

\$8⁹⁹
/EA*

**Apothic
or Nobilo**
Select Varieties,
750 ml



11.99^{EA}
-10%
With Card

\$10⁷⁹
/EA*

**Maryhill
or La Crema**
Select Varieties,
750 ml



**Bota Box
or Black Box**
Select Varieties,
3 Liters

\$16⁹⁹



**Ninkasi
or Pelican**
\$9⁹⁹

Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit Where Applicable



\$16⁹⁹

**Happy Dad
or Ecliptic**
Select Varieties, 12-15-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable



*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!

THE BIG STORAGE SALE

Garage • Totes • Closet • Laundry

SAVE AN EXTRA \$5

when you spend \$25 on storage

With Card & Digital Coupon. Exclusions apply. See Digital Coupon for details.



Sterilite Latch Tote
64-Quart

\$8⁹⁹
With Card



Sterilite Tote
Select Varieties,
18-Gallon

\$7⁹⁹
With Card



Holiday Home Christmas Tree Bag
1 ct

SAVE 30%
Tag Reflects Savings
With Card



Sterilite Gift Wrap Box
30 inch

\$12⁹⁹



Sterilite Wreath Storage Box

\$12⁹⁹
With Card



Sterilite Stack & Carry Ornament Box
24 Compartments

\$12⁹⁹



Sterilite Shoebox
1 ct

\$1⁹⁹



Sterilite Sweater Box
2 ct, 12-Quart

\$6⁹⁹



Sterilite Tote
30-Gallon

\$12⁹⁹

Seasonal selection varies by store and is limited to stock on hand.

PICK UP EVERYTHING FOR GAME DAY!

Fred Meyer
TRAIL BLAZERS
REWARDS

Visit FredMeyer.com/blazers for details

HERE'S HOW IT WORKS... Look for these tags.

- 1. LOOK FOR THE TAGS**
Look for the Blazers logo on tags for participating items throughout the store. When you purchase Rewards items, you earn 1 point for every dollar you spend.
- 2. EARN POINTS AND REDEEM FOR...**
Blazers tickets, experiential prizeing, apparel and more!

Participating Product
~~3.99~~
3.49
SALE

Coca-Cola
ORIGINAL TASTE